

ST. JOE'S WELCOMES CLASS OF 2008

By Adam Mace

Every incoming freshman class has a unique character and is comprised of individual personality types. The Class of 2008 is no exception to this principle, but if it has a uniqueness all its own, it is in the area of size.

The Class of 2008 has 157 students, 135 of whom are freshmen. This represents the largest freshman class to enter St. Joseph's in the last 25 years.

Since 2001, St. Joseph's has seen a steady increase in admissions. There has been a 22.3% rise in the size of the incoming class from the 2003-2004 school year to the present.

The current freshman class has no international students, but it does number 5 out-of-state students in its total. Nine members of the class utilize the dormitory facilities that the school shares with Poly Tech.

One reason behind the dramatic increase in the size of the freshman class is the addition to the staff of Ms. Theresa LaRocca as new Director of Admissions. Ms. LaRocca has been at St. Joseph's for nearly four years and prior to that, she served as Assistant Provost at SUNY Stonybrook for 12 years.

"I think more teens are choosing St. Joe's for multiple reasons. But first and foremost, word is getting out about us and students are very satisfied with the quality of education and social life here," said Mr. LaRocca.

Also contributing to the increased admissions is the fact that the school is gaining a reputation that makes it competitive with colleges on the national level.

On August 23, 2004 the 2005 ranking of America's Best Colleges by *U. S. News & World Report* was published and named St. Joseph's College as part of the "top tier of the Northern Comprehensive Colleges-Bachelor's Category" for the third

consecutive year.

In fact, this year St. Joseph's was ranked number 15 and it was the highest ranked institution in the top tier grouping in the New York metropolitan area.

"Being named to the top tier of *U. S. News & World Report's* annual ranking for the third year in a row exemplifies the high quality of our students and illustrated the continuing dedication of the college's faculty and staff to providing an outstanding liberal arts education," said Sister Elizabeth Ann Hill, President of the College.

The process of selecting the freshmen for the Class of 2008 was exhaustive. According to Ms. LaRocca, the admissions committee examines the "whole picture. It is a combination of the student's GPA and SAT scores along with an essay and letters of recommendation. We also take time to look at the student's leadership qualities."

But for an incoming freshman, the transition can be long and hard. The differences between the high school and college experience are profound and without a support system, a student can easily find himself overmatched by the rigors of being an undergraduate.

On the St. Joseph's campus, there are various support systems in place designed to assist students in a number of ways. For example, the ACES program helps ESL students who must adjust to a relatively new language as well as the demands of college work.

Students who are admitted to the college but fall just under the standard academic requirements are asked to take a critical reading and writing workshop during the summer between their senior year in high school and the beginning of the fall term.

It is a ten day program aimed at reaching out and giving an extra push to incoming freshmen so that they can survive and thrive academically in college.

The college also offers guidance in other areas of student life. Ms. Irene Nebel offers counseling on an individual basis to all students. They can talk about any social problems they may have, or discuss careers, or discuss any adjustment issues they have in becoming acclimated to college life.

"I was very nervous at the beginning of the term because I had no idea what to expect," said Svetlana Medvedeva, "but as the first week went on, I got more comfortable with the surroundings," she added.

Of course, some student found the transition less intimidating than they had expected. "Everyone here was so nice that it made me very comfortable," said John Castaldo.

The intimate surroundings and friendly nature of the faculty and student body goes a long way towards lessening the pressure-cooker atmosphere of college. In some cases, it can create an atmosphere that makes the transition process relatively easy.

"I felt like I knew Everyone. The school and the students provided a very comfortable atmosphere for me," said Joseph Picora.

Each member of the Class of 2008 will need to find their own way and establish their own comfort zones for learning and socializing. But a student would be well-advised to heed the advice of Theresa LaRocca:

"Take advantage of all the opportunities offered to you by the faculty and administration and get involved in activities. Never hesitate to ask questions. Learn time management because it will make your transition from high school to college so much easier.



Freshmen gather to commiserate at Crunch Lunch

CHORAL SOCIETY RETURNS

By Erin Dorso

The sound of a lone piano wafts through the nearly deserted halls of St. Joseph's College. Soon, a choir of voices join it and complement the melodious sound. There is a profound joy evident in the blend of voices, a joy that has been absent from St. Joseph's for five years.

After a five year hiatus, the Choral Society has been reconstituted. The new face behind this resurrection is Lynn Portas, the new musical director of the Choral Society.

When Ms. Portas learned that there was no chorus at St. Joseph's, she wanted to become involved and was determined to see that it was reborn.

"It's wrong," she said. "You should have a chorus!" So thanks to her efforts and Father John Gilvey, coupled with the interest of members of the student body, voices singing in harmony will once more be heard at the school.

The Choral Society is a way for students to escape from the pressures of college and relieve some of the inevitable stress. Any student can join the society; there are no auditions.

The only requirement for be-

coming a member of the Choral Society is a love and appreciation of music.

Members of the Choral Society are expected to enjoy themselves by being involved and committed, and bring to each rehearsal a love of singing.

Honesty is also a big part of the mix. If a student is not enjoying themselves, or do not enjoy a particular piece of music, they are encouraged to voice their opinions to the music director.

The Choral Society meets at least twice a week for rehearsals. There is also one evening rehearsal and one common hour rehearsal in order to accommodate as many students as possible.

Currently, the group is working on musical selections for the holidays and they hope to perform at other functions at St. Joseph's.

Diana Harvey, president of the Choral Society, states that, "Having a chorus is good for the campus. It provides a fun common ground for the students."

Information about the Choral Society can be obtained in Room 101, the Student Activities Center, in the 245 Building.

BLOOD DRIVE ON TARGET TO TOP '04 TOTAL

By Adam Mace

Red was the predominant color in the auditorium on Monday, September 27 and Tuesday September 28. Red banners, red ribbons, and most importantly—red packets of blood donated by willing students and staff who wanted nothing more than to give the gift of life to others.

The first of the semi-annual blood drives netted a total of 46 pints of blood, putting St. Joseph's on track to equal last year's 80+ total of pints donated.

Sponsored by the Science Club and run under the auspices of the New York Blood Center, drives like this enable over 200 people to benefit from the generosity of individuals who endured a moment's discomfort in order to provide life-giving

blood for others.

"What makes giving blood so easy is not thinking about yourself, but rather thinking of someone who really needs it," said Ms. Lana Kagan, a donor specialist for the New York Blood Center for the last 15 years.

Ms. Kagan points out that each pint of blood is made up of five components: red cells, white cells, platelets, plasma, and agglutinins. So a pint of blood can be separated into its parts and be given to five different people who need the specific part of blood, each of which serves a different purpose.

As to the discomfort of having a catheter put into a blood vessel, freshman Allison Hammond found the experience completely painless. "It's in?"

"It's really in?" she asked. "Oh, it doesn't hurt."

Pain can be a deterrent which frightens prospective donors away, but Ms. Kagan says, "You just need to bring all your strength and remember that you can be saving five lives by just giving blood."

Mamie Summers, president of the Science Club, was the organizer of the blood drive. A question that she finds herself being asked all too often is, "Why a blood drive?"

Ms Summers responds by telling people that the blood drive has been a tradition at St. Joseph's College since 1989. The club is carrying on that tradition.

"More people should be less self-involved and more involved with the lives of others," she says.



Professor David Holtzman donates blood

EDITORIALS

When Size Doesn't Matter

If this were the University of Michigan at Ann Arbor, or the University of Nebraska at Lincoln, a student would need to take a bus from one end of campus to another. There would be a "fraternity row" with chapter houses nestled together like some upscale Long Island community. On football Saturdays, anywhere from 76,000 to 100,000 screaming fans would jam into football stadiums and for basketball games, 17,000+ would crowd into field houses.

But this is St. Joseph's College—a commuter school of some 600+ students, most of whom have left campus for home or jobs by 6:00 P.M. on any given school day.

Why is this important? Because it is possible that some students have the misguided notion that because St. Joseph's is small compared to the giant schools that dot the American landscape from coast to coast, that there is little to do here.

Misguided indeed! St. Joseph's College offers a myriad of activities to its student population in a wide variety of areas—the arts, athletics, the sciences, government, publications—the list goes on and on. Possibilities for chartering and starting even more activities exist—as long as there is sufficient student interest.

But the key to the success of these activities can be stated in two words: student involvement. Without students taking an active role in what is offered to them on campus, these activities will wither and die like unpicked fruit on the vine.

Clearly, the first and foremost purpose for attending college is to get an education and St. Joseph's College is known for providing a first-rate education to its students. However, the editorial staff of *The Spirit* believes that not all education takes place in a classroom. There is much to be learned by participating in extracurricular activities—about one's self, about others, about students whose cultural diversity mirrors the student body of the school itself.

Neither does the staff of *The Spirit* believe that involvement should wait until a student is an upperclassman. The time to join an activity is during the freshman year—as both a learning experience and a means of breaking the tension engendered by a rigorous academic program. The more activities a student participates in, the more vibrant his or her resume will appear upon graduation. Moreover, students should consider all that can be gained by being a part of campus life.

It would be easy to wake up, come to school, attend classes—and go home. But what is to be gained by doing this? When you graduate, will you ask yourself, "What did I really do in college?" Or will you say, "Did I make any close friends at all?" Or perhaps you will wonder, "What memories have I forged in four years of undergraduate education?"

When so much is offered to students by St. Joseph's College, it would be extremely sad if any graduate of this institution had to ask even one of these questions—and could come up with no satisfactory answers.

A Paper is Reborn

This is the first edition of a new incarnation of *The Spirit*, the undergraduate newspaper of St. Joseph's College. Though written and produced by the few, in fact, it belongs to the many and it will attempt to reflect the attitudes and interests of the entire St. Joseph's community.

We will endeavor to keep the student body informed of upcoming events and campus news, report on activities as they occur, and provide special features and columns that we hope will be of interest to everyone.

We invite your comments, your criticisms, and of course, your suggestions. If there is something you would like to see covered in *The Spirit*, do not hesitate to inform us. All letters to the editor, comments and suggestions can be dropped off at Room 101 of the 245 Building, the new Student Publications Office of St. Joseph's College.

The editors and staff of *The Spirit* are eager to hear from

STC CLUB FAIR

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Too Many Choices? Join Lots of Them!

THE SPIRIT
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The Spirit encourages letters to the editor concerning editorials, articles, and policy. Letters can be left in Dr. Weiner's mailbox.

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Talking Points

By Christina Contessa

DENIM DAZE AND THE JEAN SCENE

It's morning, you roll out of bed, you think to yourself, "What am I going to wear today?" You walk over to your closet and rummage through your clothes, bypassing the sweatpants because you wore those yesterday.

You look out the window and a slight breeze comes through it and now you think to yourself, "It's too cold for a skirt." Then you come across a pair of pants that you love. They are your favorite pair of jeans, the ones that fit you just right. You remember that they cost you about twenty-five bucks.

They you quickly find any shirt that is available and run out the door because you are either late or you are going to hit major traffic.

Blue jeans have been around since the late 1850s when Levi Strauss invented them during the gold rush. Rumor has it, he got the idea when he saw very strong material that had been manufactured in France in the city of Nimes. The material was, therefore, *de Nimes* or 'of Nimes'—the etymological origin of our word *denim*.

Strauss's jeans were inexpensive to manufacture and they fit the budget of the thousands of prospectors who trekked west to strike it rich. Even if they didn't find gold dust, they still came out of it with some durable trousers.

There was a time when jeans were an inexpensive alternative for American families as well. In fact, for decades, it was the preferred

daily clothing choice for millions of American workers and children.

That was then; this is now. Now, we are lucky if we can wear the jeans a good year without them going out of style.

Over the past couple of weeks, I've noticed in the papers, magazines, and online advertisements that the price of jeans has gotten really expensive. Even though there are many cuts, styles and colors, we shouldn't be paying so much for a pair of pants.

In a store like Mande's or Alloy, a pair of jeans can cost as little as fifteen dollars—or as much as fifty dollars!

That's just for denim! Even Old Navy, a store that is supposed to be reasonably priced, sells jeans that are at least twenty-five dollars a pair.

Nowadays, there are many different cuts of jeans from boot cut, straight leg, '70s designer flare leg, to ultra hipster lows. There are also different types of what the manufacturers call 'washes.' From acid wash (which is a darkish color) to faded to something called stone washed. There are even jeans that make it seem as if you wore them time and time again before you even walk out of the store. I think they used to call this kind of clothing 'used,' but of course, marketing geniuses wouldn't dare try to get away with selling 'pre-owned' clothing like they do used cars.

So these cuts and colors give just the right amount of style and the right amount of flare to the buyer—but are they really worth fifty dollars?

Manufacturers are making tons of money off of these jeans. Different department stores that sell jeans such as Express have many different cuts, styles and colors, but when you finally find a pair that fits you perfectly, you look at the price tag and WHAM—sticker shock!

You realize that those nice jeans you have on are about thirty five dollars a pair.

Yes, they do have Buy One Get One Free sales occasionally, but those are usually at the end of the season when either you don't want to wear jeans because it is too hot outside, or you aren't interested in buying jeans because you would rather buy sweatpants.

Designers are also making money hand-over-fist off of these deals. ABC News has also realized this money-making trend and has done a feature on it.

They reported that there are more and more merchants that are coming on to the 'jean scene' than ever before.

At first there used to be only a select few brand name jeans. Today, dozens of manufacturers vie for our attention and market share so they can collect top dollar off of our desire to be trendy.

Jeans are something that the American people are used to—like apple pie and the flag.

But this staple of American utilitarian clothing culture should not be overpriced simply in the name of making a fashion statement.

**THERE IS STILL TIME TO JOIN THE STAFF OF
THE "ST. JOSEPH'S SPIRIT!"
COME TO ROOM 607 ST. ANGELA HALL FOR DETAILS!**

The Inquiring Photographer

What is the one thing you would change about St. Joseph's College?



"I would change Physical Science. It's complicated, maybe too complicated. It could be easier."

—Gina Khan, Freshman



"I wish that more people would be less exclusive and more inclusive."

—GraceMarie Varone, Junior



"I would like to see more chemistry classes offered in the school."

—Nayan Cheng, Senior



"I would like to see central air conditioning installed in the buildings. When we have events, it's roasting, no matter what month it is."

—Laurie Hartwig, Junior



"I wish that the school were bigger with more students. That way you get to know more people."

—Jennifer Manzione, Junior



"If I could change one thing, it would be to have a sports facility, instead of playing games at the local high school."

—Natalie Fascianella, Sophomore



"I would like to change the length of the classes making them shorter so I don't have to stay here until 4:30 P.M."

—Allison Hammond, Freshman



"I would put a video/audio recording lab in the library available to all students. It would be of assistance in some classes."

—Katy Parker, Senior



"I wish there was a bigger access to men's sports such as football and baseball."

—Greg Niemaclomski, Freshman



"I would improve the gym facilities including the basketball court and the weight training area."

—Desiree DeJesus, Sophomore



"I like everything in St. Joe's but I could change one thing: I'd love to see more students interested in chess, math, volleyball and tennis."

—Alex Podusliko



"I would change the scheduling and make more flexible class schedules to accommodate those who work and deal with the constraints of time."

—Sara Avin

Work Begins on Revived Yearbook

Editorial Staff Forms for Footprints 2005

By Svetlana Medvedeva

It's back—and it is going to be bigger and more colorful than ever. *Footprints 2005*, the yearbook of St. Joseph's College, is well underway with a new adviser at the helm and a completely new editorial staff.

After the print edition of the book went on hiatus for a year, being replaced by a CD-ROM yearbook, the members of the senior class began lobbying for a return to the traditional format of the college yearbook.

Central to the campaign was Senior Representative Janine Farraj, who presented a case for the restoration of the book to Student Activities Director Sherri Van Arnhem.

From the Student Activities Center, the proposal moved to the President's Council where it met the approval of the college administration.

"I remember how rewarding it was working on my high school yearbook," said Ms. Farraj, "and how I still look back at it with the fondest of memories. I wanted to have those same memories of St. Joseph's College. As the Senior Representative, I wanted to give those same memories to other seniors," she added.

Brought on board as the new Director of Student Publications was Dr. Howard Weiner, who will also advise the revived college newspaper, *The Spirit*.

Dr. Weiner recently retired af-

ter a 34 year career as a New York City high school teacher. He currently is also an English Professor at Touro College and City University of New York.

"The first step in making a successful book," said Dr. Weiner, "is building a good staff of dedicated kids who really take pride in what they do."

To that end, Dr. Weiner spent two weeks interviewing prospective candidates for editorial positions. Janine Farraj will serve as Editor-in-Chief, Melissa Quercia will be the Assistant Editor, and Jonathan Bobin will be the Photography Editor.

Other editorial positions include Managing Editor Josephine DiSalvo, Sports Editor Kathleen O'Neill, Senior Section Editors Vanessa Valente, Maribel Gonzalez, and Mamie Summers. Layout and Design Editors are Phylcia Via and Maribel Martinez and Faculty Section Editor Erin Dorso.

Although Ms. Farraj has been very active in encouraging seniors to participate in the yearbook, Dr. Weiner says, "I also want underclassmen involved and learning the ropes so that by next year, there can be a smooth transition between one staff and the next."

One of the side benefits of being an editor of the yearbook is the leadership skills that are learned and applied in the every day functioning of the book.

"This is where you can learn to be a leader—managing huge quantities of material as well as a large staff of your peers. You learn a lot about diplomacy and tact when you are the editor of a yearbook," says Dr. Weiner.

Dr. Weiner advised the yearbook at Franklin D. Roosevelt High School and in that time, his staffs produced ten First Place award-winning publications in national journalism competitions.

"I think we can do the same thing here at St. Joseph's if everyone pulls together," he notes.

The theme of *Footprints 2005* is "Future Tense," and it will reflect the pressures that the Class of 2005 have experienced in their four years at St. Joseph's.

At this time, nearly every campus event is being documented photographically, layouts are being designed, and interviews are being conducted with club moderators, advisers, and team coaches.

"There are dozens of little pieces of a yearbook that must all come together to form the finished product," says Ms. Farraj. "To do this, we will need a great deal of help from students in each class," she adds.

There is still plenty of room on the staff of *Footprints 2005* and any student interested in joining should see Dr. Weiner in Room 101 of the 245 Building as soon as possible. No prior experience is required.

New Theatre Minor Created

By Christina Traverson

In a continuing effort to meet the needs of its students and provide courses in areas that are of interest to them, St. Joseph's has instituted a minor in Theatre to be taught under the auspices of the Speech Department.

The person behind the new theatre curriculum is Father John Gilvey, Professor of Speech Communication at the Brooklyn campus of St. Joseph's College for the last five years. Father Gilvey has an extensive background in theatre including directing, producing and teaching. He is delighted to be able to share his love for the performing arts with the students at St. Joseph's.

"I feel that there is a renaissance in the arts here at St. Joe's," said Father Gilvey. "The recent growth of the Chapel Players shows how more students want to learn about what happens on the stage and behind the scenes," he added.

Flyers were posted in all school buildings at the beginning of the

semester and within days, quite a few students had signed up to use theatre as their minor.

The faculty and administration have embraced the idea of a Theatre minor and the school community has also helped to make it part of the course offerings.

Annual trips to Broadway shows often sell out quickly with students bringing friends and family, showing that there is a broad-based interest in the subject.

In order to be considered a Theatre minor, a student must take 18 credits in the following classes: SPC 102 (Speech Communication) as a prerequisite, SPC 115 (Voice and Diction), SPC 130 (Introduction to the Theatre), SPC 132 (Fundamentals of Acting), SPC 206 (Fundamentals of Play Production), SPC 217 (Oral Interpretation of Literature), and SPC 302 (American Musical Theatre).

All of these classes are geared towards heightening a student's ap-

preciation of what theatre is and what goes on behind the scenes.

Christine Tobin, a junior Theatre minor, said of the new course of study: "I think it's a great way to highlight a student's interest in the performing arts."

Depending upon the level of interest in the Theatre minor, the offerings could conceivably be expanded so that one day the college will offer Theatre as a major as well as a minor.

Looking towards the future, Father Gilvey hopes to be able to offer advanced acting and directing classes as a logical continuation of the courses that are already offered by the department.

The minor in Theatre offers creative outlets for students across a broad spectrum of activities including both performance and production.

Any student interested in the new Theatre minor should see Father Gilvey in the Speech Department in the Library (McEntergart Hall).

Come See
Brooklyn: The Musical
Sponsored by the SJC Campus Activities Board
Thursday, November 11, 2004, 8 PM
Tickets are on sale in Room 101, 245 Building
Buy your tickets today!



Elaine Pasqua Checks the Result of an "AIDS" Test



ARTSCAPE BY ERIN DORSO

Retro Hair Gives Glimpses into Troubled '60s

The 1960s was a tumultuous era of rebellion, patriotism and war. The passions and frustrations of the youth of America were expressed through the mediums of drugs and free love.

New York City was given the unique opportunity to be transported back in time to this time of monumental change on September 20, 2004 when the New Amsterdam Theatre was the chosen venue for the Actor's Fund of America's fourth annual benefit concert production—*Hair*.

The AFA is a non-profit organization that was founded in 1882. According to their official website, the fund's mission is "to advance, foster and benefit the welfare of all professionals in the entertainment community who are in need of help, ensuring that these efforts are accomplished with compassion, confidentiality and preservation of dignity for the individuals concerned."

The fund provides aid for entertainment professionals in theatre, film, music, opera, and dance. Some of the services provided by the fund are health services, supportive housing, and employment and training services.

The annual budget of the AFA is \$20 million and it helps 8,000 people nationwide.

I was fortunate enough to be in attendance for this special evening. After an opening speech by Joseph Benincasa and Brian Stokes Mitchell, the Executive Director and President of the AFA respectively, the show began.

Hair tells the story of a group of young hippies living in New York City during the 1960s known as The Tribe, and por-

trays their emotions towards war, love, life, and nature.

Among the night's talented performers were Jai Rodriguez (Queer Eye), RuPaul, Harvey Fierstein (*Hairspray*), Jennifer Hudson (American Idol), Adam Pascal (*Rent*), Christopher Sieber (*Beauty and the Beast*), and John Tartaglia (*Avenue Q*).

The performance was engaging and humorous, yet strangely somber. I was especially mellowed by the song, "Going Down." It spoke about Vietnam being a hell on Earth where young men died for inexplicable reasons. Men had no choice; they had to fight for their country because of the draft—or run away to Canada or some other country where extradition was impossible. Some even chose imprisonment over serving.

My favorite song of the evening was "Dead End," as performed by Ana Gasteyer. The meaning I got from it was that life is governed by rules. If you don't follow these rules, then your life meets a dead end.

Everywhere we turn someone is telling us what to do. Signs such as "Don't Walk," "No Smoking," "No Turns," and "Stop" constantly govern our actions.

The performance was fantastic and the audience received it with great enthusiasm. The SRO performance raised over \$500,000 for the fund.

I would definitely recommend attending a benefit concert to anyone who enjoys the theatre.

For more information on how you can support the Actor's Fund of America, visit their website at www.actorsfund.org or call (800) 221-7303.

Elaine Pasqua Lectures on "Surviving the Party"

Motivational Speaker Stresses Dangers of College Life

By Erin Horn and Kaitlin Parker

What does one do if they have lost both their mother and stepfather to the scourge of AIDS? If that person is Elaine Pasqua, then she devotes her life to educating others about the dangers of inappropriate and dangerous behavior as well as ways to avoid contracting the dreaded disease.

Motivational speaker Elaine Pasqua came to St. Joseph's College October 5 and during the common hour, spoke to the team members and other interested students on the subject of "Surviving the Party," a presentation on the nature of college life and experiences.

Addressing over 150 students, Miss Pasqua was frank, engaging and she often found the right touch of humor to connect with her undergraduate audience.

Using an interactive style, she recounted real life stories about herself and her family which students were able to relate to. This personal style drew the students in emotionally while at the same time informing them of the consequences that can result from carelessness and irresponsibility in areas such as recreational sex.

Ms. Pasqua was motivated to reach out to others in 1989 after her mother and stepfather were diagnosed with AIDS and later succumbed to the disease. She began

her career as a motivational speaker in 1995 and began her college speaking tours in 1996. Currently she speaks at colleges and universities all across the country making over 60 appearances each year.

This was the second time that Ms. Pasqua has come to St. Joseph's College and the reaction from students was almost uniformly positive. "Though this reinforced things that I already knew, I felt it was a good presentation. It seemed to flow well," said sophomore Stephen Klein.

Particularly popular with the students were the interactive parts of the presentation. One such demonstration involved mixing two tubes of liquid, simulating the exchange of body fluids. If one of the vials turned pink, then that student had just contracted AIDS. It was a stark reminder that it only takes one indiscretion to lead to tragedy.

"I saw her two years ago when I was a freshman," said junior Diana Harvey, "and I loved her, so we brought her back for that reason. What she talks about is very appropriate for the college campus and our students."

Song parodies, personal anecdotes, posters, audience involvement—all of these tools make up Ms. Pasqua's arsenal and she uses all of them to make her points graphically and get her message across to

young adults.

"After I heard so much about kids being forced to leave campuses because of doing stupid things with alcohol and sex, I wanted to do something that would help as many other young people as I possibly could," said Ms. Pasqua.

A resident of Doylestown, Pennsylvania, Ms. Pasqua is a past member of the Pennsylvania HIV Prevention Community Planning Committee and a faculty member of the New Jersey AIDS Education Training Center. She is also the president of Project Prevent, a non-profit organization that provides AIDS education for students from elementary school to high school.

"It was very informative and it made you realize that even honest people can be carrying diseases. Some of the things that were talked about were a little awkward but it is good that she is honest and open," said freshman Carmine Cammarata about the afternoon's presentation.

Humor mixed with hard facts, all designed to show how negative outcomes such as poor academic achievement, date rape, drug abuse, and STDs can grow out of innocent intentions. These are Elaine Pasqua's messages. Her presentation was a valuable addition to the Campus Activities Board's events for the fall semester.

Big Doings Scheduled for Halloween

Fright Fest and Halloween Bash Planned

By Christina Ament

Who says that Halloween belongs solely to pre-adolescents and teens looking for yearly October thrills with their attendant mischief?

Even undergraduates fall under the "spell" of the special day and the student body of St. Joseph's College is no different from any other institution of higher learning.

For that reason, a special activity, the Halloween Bash, is on the fall schedule this year. Slated for common hour on Wednesday, October 27, the Halloween Bash is the brainchild of the Campus Activity Board (CAB).

On that day, various locales in the 245 Building such as the auditorium and lounge (Red Room) will receive a change in decor and play host to a variety of activities.

Games, refreshments, scary music and costumes are all part of the festivities.

This will be the second year of the Halloween Bash. Last year's party was well attended, but CAB chairperson, Laurie Hartwig, expects an even greater turnout this year.

"We expect at least 100-150 people to take part in the bash this year," says Ms. Hartwig.

And the purpose for the frightening festivities?

"We want to give students an op-

portunity to come, dress up, hang out with friends and have fun," says Ms. Hartwig.

For a nominal fee, students will be able to play games and try to win prizes.

Additionally, there will be a performance by the a capella group, Marcoux Corner.

By common agreement, the members of the CAB will be required to dress up in costumes. Other Bash attendees do not have to dress for the occasion, but the CAB wants everyone to get into the spirit by "dressing for distress."

"It is going to be a lot of fun—and it will be more fun if everyone comes in some kind of costume," says Ms. Hartwig.

The Halloween Bash is open to any and all students of St. Joseph's College, but any non-student will be prohibited from attending.

The CAB is running other Halloween-themed activities such as Murder Mystery Dinner, Story Telling to the children at the Dillon Center, and Fright Fest at Six Flags Great Adventure.

Information on all these activities can be obtained in Room 101 of the 245 Building—the Student Activities Center. Check the bulletin boards for the latest on each of them including times and locations.

College Knowledge

So how much do you know? Try this quiz on for size. To get the answers, come to the Publications Office in Room 101. Good luck!

Oh, and by the way—NO GOOGLING! You either know this stuff or you don't!

1. This paleontologist was the model for Indiana Jones. He found dinosaur eggs in the Gobi desert.
2. In what play will we find characters named Fluellen, Gower, MacMorris and Jamy?
3. Who replaced Babe Ruth in right field for the Yankees after he left the team?
4. Only one general in American History has had Six Stars. Who was he?
5. What was the nickname of King Edward III's eldest son who was also Prince of Wales?
6. Whose principle explains the aerodynamic reason that wings make airplanes fly?
7. This poet co-authored *Lyrical Ballads* with William Wordsworth.
8. What was the name of the Seattle Major League team before the Mariners got there?
9. For what is the Babe Ruth Award given?
10. This college team has won 5 National Championships and has appeared in a record 35 straight bowl games.
11. Who succeeded General William Westmoreland as commander of all American forces in Vietnam?

School Newspaper Returns to Campus

The Spirit to Publish Six Times Annually

By Tamara Bacchus

After an absence of eight years, *The Spirit*, the St. Joseph's College newspaper, has been revived. Back by popular demand of both students and faculty, the newspaper will once again become a regular part of college life at St. Joe's.

The staff formed in mid-September and over twenty students signed on to be a part of the publication in some capacity.

Selected as editors-in-chief were two freshmen, Christina Ament and Adam Mace. The photography editor will be another freshman, Svetlana Medvedeva. Featured columnists will be Erin Dorso and Christina Contessa.

The person responsible for pulling the entire publication together is Dr. Howard Weiner who was hired as the Director of Student Publications in September and who will also advise *Footprints*, St. Joseph's yearbook.

Dr. Weiner stated the goals and aims of *The Spirit* by saying, "Our job is to inform the students and faculty of what will happen and what is happening at St. Joseph's College."

This will include events, activities, profiles of personalities, op-ed columns and other features that will hopefully be of interest to the majority of St. Joe's students.

It is anticipated that *The Spirit* will publish six times during its first year with the first edition coming out in late October or early November.

Perhaps the main reason that

The Spirit has been revived is due to the efforts of Senior Representative Janine Farraj, who lobbied long and hard for the revival of the printed form of the yearbook.

It was Ms. Farraj who suggested to Director of Student Services, Sherrie Van Arnem, that the school could get "two for the price of one" since Dr. Weiner had been both the yearbook and newspaper adviser at Franklin D. Roosevelt High School in Brooklyn.

Dr. Weiner said of Ms. Farraj, "Janine was the editor-in-chief of both FDR's yearbook and newspaper. She is extremely skilled in both publications and I am confident that she will bring that same dedication to *The Spirit* and *Footprints*."

Since the last edition of the paper was published in February of 1996, it will be like starting from scratch to revive the paper. With the exception of two members, none of the staff has written for a newspaper before, neither have they taken courses in journalism.

"Though I haven't written for a newspaper," says editor-in-chief Christina Ament, "I am interested in a career in writing."

Though the staff is comprised of novices, they will have to learn their journalistic lessons quickly to meet publication deadlines.

"Christina and I have the utmost confidence that this revival year will be a success through the hard work and leadership of our staff," said co-

editor-in-chief, Adam Mace.

Dr. Weiner brings considerable experience in journalism to his new job. At FDR High School he was the adviser of the yearbook for 18 years and the newspaper adviser for 9 years. He also founded and advised the poetry journal for 24 years.

His newspapers have won several national championships and numerous first place awards in national journalism competitions.

One of the difficulties in starting up the paper again is the fact that the staff members have conflicting schedules and numerous other commitments.

"It is hard to meet with everyone at one time and give instructions all at once—so if that means I have to do it 20 separate times, then I'm going to do just that. Whatever it takes to get this paper out," said Dr. Weiner.

Ultimately, Dr. Weiner would like to teach journalism at St. Joseph's so that his staff could be together in a working/learning environment several times a week.

Publishing the paper would be a central activity of such a course in journalism.

Reviving the newspaper represents a great challenge. Why come out of retirement to take it on?

"I have always enjoyed the challenge of learning new things and doing new things. Starting up *The Spirit* is just one more challenge for me—just one more mountain to climb," says Dr. Weiner.



Editors' Corner



By Adam Mace and Christina Ament

As the new editors-in-chief of *The Spirit*, we are proud of our association with a publication that we hope will prove to be interesting to our fellow students.

It has been eight long years since St. Joseph's has been graced with an informative and entertaining newspaper. After its final edition in February of 1996, *The Spirit* ceased to exist.

That, of course, was until now.

Many of our classmates have asked us why *The Spirit* was resurrected from its dormant state.

Think of it in terms of a religious metaphor: just as Jesus was resurrected from His slumber, so too will *The Spirit* come to life again. As Jesus was an energizing force in the world, so, we hope, the newspaper will become an energizing force on campus.

The Spirit will include information about upcoming events, reviews of activities that have already occurred, opinions presented in editorials, columns and even cartoons, and features about campus personalities.

It is our hope that *The Spirit* will publish every other month throughout the school year.

Considering that this is the first time that the paper has come out in years, there are certain problems that we face. For one thing, we

need more staff members!

Believe it or not, a great deal happens on this campus, and if we have a large staff, we will be able to cover all these events without the burden for multiple stories falling upon a single reporter.

Joining the newspaper can be a fulfilling, hands-on journalistic experience that can grace any college graduate's resume.

As a columnist, for example, you will have an opportunity to express your ideas and opinions and share them with the rest of the school community.

We have the utmost confidence that as a team under the guidance and advisership of Dr. Howard Weiner, we will be able make our goals for this year a reality.

A newspaper, almost by definition, is about communication. Naturally, we will communicate with you—but we also would like you to communicate with us.

Ideas for features, letters to the editor, comments, criticisms (pro and con)—we need feedback from you if *The Spirit* is to be a success.

The new Publications Office will be Room 607 in St. Angela Hall. It is our new home—and we would like houseguests!

Drop by and let us know what you think of the new voice of St. Joseph's College, *The Spirit*.

Open House Attracts Numerous Area Seniors

By Katharine Solis

The remarkable increase in the size of the freshman class has been the subject of much discussion amongst student and faculty alike in an attempt to ascertain reasons for the upsurge in the popularity of St. Joe's as the choice of so many.

It is possible that one reason behind the desire of many to attend St. Joe's is the success of Open Houses like the one held Sunday, October 21, 2004.

An Open House is virtually the first thing that a prospective student sees in a school—a vivid first impression of what four years could be like.

Consider what such high school seniors would have encountered from noon through 3 P.M. on that Sunday: Radio personalities from Z-100 spinning hit music. A huge hospitality tent on the mall. Food, excitement in the air, music and entertainment by Touch of Class—a group of young entertainers under the direction of Mr. Louis Cooper.

The atmosphere was more like a carnival than a collegiate Open House—but at the core of the afternoon's activities were two main purposes: to provide information for

prospective applicants about the school, and to give a taste of college life at St. Joseph's with all its warmth and excitement to those same high school seniors.

Shortly after noon, Director of Admissions Theresa LaRocca-Meyer began the program by welcoming the high school students and their parents and introducing them to the SJC community.

Next, Sr. Elizabeth Hill, president of the college, followed with her welcome and an overview about what St. Joseph's could offer to a high school senior.

The day continued with a faculty panel followed by a student panel. Both panels were moderated by Mr. Keith Outlaw, Assistant Director of Admissions, who asked a series of questions to panel members relevant to the nature of education at the school and the experiences of individual students.

Students and parents broke into two groups. The first group went on a campus tour followed by faculty advisement. The second group went to faculty advisement first, followed by a campus tour.

Throughout the tour, students

and parents watched various St. Joe's clubs at work—dancing, working lines for a dramatic production, playing basketball.

At the end of the tour, prizes were raffled off and students were able to ask more questions about life at St. Joseph's.

On way in which St. Joseph's Open House may differ from other colleges is in the emphasis on a personal touch in all levels of administrative staff and faculty, current student participation, and student planning.

The Open House is geared to attract students from all across New York City. Because of its elaborate and detailed website, SJC is attracting applications from out-of-state students as well.

This personal touch is reflected in the philosophy of Ms. LaRocca-Meyer, who says of St. Joseph's, "Everyday is Open House here. Our doors are always open for parents and students."

With that attitude reflected up and down the ranks of St. Joseph's students and staff, it is entirely possible that next year's freshman class will be even larger than the current one.



CHAPEL PLAYERS At St. Joseph's College Presents

All in the Timing By David Ives

Directed by Tom Hoefner

Thursday, November 4th, 7:30 PM

Friday, November 5th, 8 PM

Saturday, November 6th, 7 PM*

Ticket Prices

SJC Students	\$5 in advance
Guests	\$10
Faculty & Staff	\$8
Door Price for all	\$12

*Saturday will feature
a catered dinner at 7 PM

Tickets will be \$15
(Dinner 7 PM and Show 8 PM)



Members of the Dance Team after their Performance



The Dance Team Takes its Final Bow at the Garden

Dance Team Performs at Radio City Music Hall

Dancers Entertain Before WNBA Liberty Game

By Christine Tobin

The place—the Great Stage at Radio City Music Hall. The dancers stand poised, heads down, bodies tensed awaiting their cue. The music begins and the routine starts. The world famous Rockettes going into their dance? No—the St. Joseph's College Dance Team.

The evening of September 2, 2004 saw the Dance Team perform at one of the world's most renowned theatrical venues—Radio City. The enormity of the hall with its 5000 general admission seats and huge stage could intimidate the most seasoned of performers, but on this night, the members of the Dance Team were prepared and eager to strut their stuff.

They had worked throughout the hot summer nights, trying to perfect every movement, every nuance of dance. Striving to ensure that each dancer had the right line and that the team moved with precision, took hours of rehearsal and great commitment on the part of every team member—and all for a two minute dance routine that was a mix of hip-hop, funk and pop!

Willow Figueroa, a junior and a member of the team for the last year and a half, said of the experience, "Radio City was another great step up the ladder for us. Not only did we redefine teamwork, but my own personal sense of accomplishment was broadened by performing at such a famous place."

For the team members, the entire atmosphere of the evening was, for many, the best part. Coach Jaime Vacca remembers her first impression when learning of the opportunity to play the Music Hall. "When I received the information about participating in this event, I didn't see how we could turn it down. What an opportunity for the team! When else would they get a chance to perform at Radio City Music Hall?"

Nor was this the first that the Dance Team had performed before major sports events. They had already appeared before a WNBA New York Liberty game and a NBA New York Knicks game at Madison Square Garden.

For their latest appearance at "Liberty Dance Days," the Garden

was unavailable because of the Republican National Convention, so the game and dance performances were moved to the Music Hall.

The Dance Team is led by captains Jeanette Morscher and Christine Tobin. The team uses a variety of dance styles and music with choreography derivative of everything from jazz to Broadway show tunes.

"The Dance Team has come a long way since I started coaching it two years ago. They are an extremely talented group of young women and I am really looking forward to the upcoming year," says Coach Vacca.

The 22 team members were selected after tryouts held on September 22. No additional dancers can be accepted at this time; however, Coach Vacca invites students to try out for next year's team in September of 2005.

The team will also perform at every St. Joseph's home basketball game (both men's and women's) and before another Knick game at Madison Square Garden.

There is also the possibility that the team will perform in other dance competitions.

Mexican Dance Theatre Company Visits St. Joseph's

By Michelle Graziano

Think October and possibly the first thing that comes to mind is Halloween. But from now on, it is equally possible that St. Joseph's students will associate October with Hispanic Awareness Month.

It was October 6 during common hour when the Calpulli Mexican Dance Theater performed before a full house in the auditorium of St. Vincent Therese Hall.

The dance performance was sponsored by the Council for the Arts directed by Stacey Temple, who invited the Mexican dancers to come. It was co-sponsored by the Hispanic Awareness Club and the Dance Club.

The Calpulli Dance Theater Company has only been in existence for a year. During that time, its main focus has been to combine music, stories, history and theater to showcase the dances of Mexican culture.

The dance performance had a wide-spread appeal and the audience was a multi-cultural cross section of the St. Joseph's population.

"There was a good turnout,"

said Jodine Royce, a member of the Dance club. "A lot of faculty members were there as well as students—especially freshmen," she added.

Lunch was provided at the performance which added to the appeal of the event and helped keep the audience in place until the very end of the exhibition.

The seating arrangements were handled by Ms. Temple who said, "I needed assistance to set up more chairs around the auditorium because there were so many people in attendance."

The Calpulli Mexican Dance Theater consists of three men and three women. Their elaborate costumes were of vivid colors and were changed for each dance that they performed to symbolize different aspects of Mexican culture.

A majority of the dances were partner dances. There were, to name a few, a bird dance, an old man's dance, and the tying of the knot dance.

The bird dance consisted of a man and woman imitating the motions and mannerisms of birds. For example, a pecking motion made by the man, the

flapping of the woman's skirts and the birds kissing imitated the courtship ritual of birds.

The wedding dance showed a man and woman literally and figuratively "tying the knot"—using only their feet to accomplish the task of making a bow from a wide strip of material.

Grace Marie Varone, a member of the Dance Club, said, "I especially enjoyed the wedding dance they performed and how the dancers were able to tie a bow together."

For Jodine Royce, the Old man's dance was particularly fascinating, particularly their costumes and dance moves.

At the conclusion of the dances, a mariachi band played several songs, mostly romantic tunes that evoked the spirit of Mexico.

At the end of the performance, students were invited onto the dance floor to try out some of the Mexican dance steps.

"The Calpulli group emphasizes the different Hispanic dances and blends them so well so that people can like them and become interested in them," said Ms. Royce.



Dancers Tie the Wedding Knot – With their Feet

Senior Information Sheets

By Christina Ament

Footsteps 2005 editor-in-chief Janine Farraj issued a request to all members of the Class of 2005 who were photographed for the yearbook to submit their Senior Information Sheets to the Publications Office as soon as possible.

The sheets were initially distributed by the studio photographer when the seniors sat for their pictures in September.

For seniors who mislaid the sheets, additional forms were available in Room 101 in the Student Activities Center.

"Because of the precise nature of

the layouts for this year's yearbook," said Ms. Farraj, "we must have a sheet for each senior or the layouts will look awkward and quite frankly, empty."

She further urged seniors to take sufficient time in filling out the forms so that ample copy may be written about each graduate.

"Don't neglect things like hobbies and interests and future plans. We can use all of the information you provide," said Ms. Farraj.

The Information Sheets may be left with any staff members in Room 101 or in the Publications Office.

The St. Joseph's College Dance Club

Presents

Management Perspectives: Fall Angles

Wednesday, November 17th, 12:40 PM & Thursday, November 18th 7:30 PM

Performances in the Auditorium (Touhy Hall)

Up 'til Dawn Program to Aid St. Jude's Hospital

Letter-Writers Help Fund Vital Pediatric Research

By Allyson Putre

They are young—very young, and they all have one thing in common: they are all suffering from catastrophic diseases. They are the children of St. Jude's Research Hospital in Memphis, Tennessee—and they need help.

Over 4,600 patients are on active status at St. Jude's to date. The families of these children pay nothing for their care and treatment. All expenses incurred by the hospital and staff of St. Jude's are paid for by voluntary contributions that come in from all across the country.

Children from 70 foreign countries and virtually every state in America have been treated at St. Jude's.

To do their share and contribute to the philanthropic work of St. Jude's, Beta Upsilon Delta sorority along with the Child Study Club and the Student Government of St. Joseph's have joined hands to sponsor *Up 'til Dawn*, a fundraising program to be held on November 11 during common hour.

In the *Up 'til Dawn* program, students form teams to engage in a

letter-writing campaign soliciting contributions for the hospital. Each team member is required to develop a list of at least 50 names.

During the event, they will address envelopes and stuff them with letters provided by St. Jude's. Each letter contains a tracking number to ensure that the amount of money raised by the students is accounted for.

During the event, there will be prizes distributed and a raffle for a pair of Motorola Walkie-Talkies conducted. There will also be food and music for everyone who attends.

Kimberly Guerron, one of the organizers of the drive and a member of Beta Upsilon Delta, says, "Since sororities are based on community service, I felt that participating in this program would be a great opportunity. Also, since I am a Child Study major, I felt this would be an especially rewarding experience."

Over the summer, Kim took a trip with fellow sorority member Jen Manzione to Memphis to visit St. Jude's Research Hospital. According to Kimberly, the experience was unforgettable and they were both in-

spired by the courage of the young children who were patients."

The students who already signed up to participate in *Up 'til Dawn* attended a meeting at which the parent of a former St. Jude's patient, 5 year old Emily Kroger, who suffered from a brain tumor, spoke to the group. Mrs. Kroger told a touching story about how St. Jude's Hospital intervened on Emily's behalf and provided care which ultimately saved her life.

St. Jude's Hospital was founded by world famous entertainer, Danny Thomas, whose personal motto was, "No child should die in the dawn of life." His vast philanthropic efforts have made St. Jude's a beacon of hope for parents whose children need the best possible care and who could not otherwise afford the expense of long-term hospital care.

There is an irony in that St. Jude, the patron saint of lost causes, should give his name to this renowned hospital. At St. Jude's, they have proven again and again that the causes of so many desperately ill children are anything but lost.



Volunteers sign up teams for *Up 'til Dawn* project

Sound Bites Addresses Moral Issues

By Mike Multari

A college has been described as a 'forum for ideas.' These ideas need not be limited to academic discussions in a classroom setting. Sometimes, the exchange of ideas can be informal—yet just as productive.

Enter "Sound Bites," a program at St. Joseph's College that fosters free and open discussions on a wide variety of topics including moral and philosophical issues.

October 7th was the first meeting of Sound Bites for the term. Students from all classes gathered together for what is hoped will be the first of many such forums.

The first Sound Bite was entitled, "Do you believe everything you hear?" The discussion began with a brief introduction from Sr. Loretta on what Sound Bites is all about, followed by the first question of the day presented by Dr. Seppala-Holtzman who asked, "When do you begin to question?"

He then spoke of how he would examine snowflakes as a child, wondering why each and every snowflake was different, trying to decipher the reason that no two patterns were alike.

Beginning with this small example, talk of upbringings, curiosity, and desire for knowledge came from more of the members of the faculty before the students took over the discussion, sharing their own stories with the group.

One side of the group though that questioning information and authority figures came at the late teen age when people are learning more for themselves and not because they are being told to.

Another opinion is that learn-

ing starts in the early years of childhood—that humans are naturally curious and want to understand their world and their surroundings.

No one's views were 'shot down' or discouraged and the discussion was a pleasant conversation amongst peers. It never escalated into a heated argument.

"What kind of questions do you ask?" "When do you take facts at surface level and not question them?"

These are just samples of the questions that were brought up at Sound Bites. In time as the session progressed, more hands were raised as students began to participate in greater numbers.

The course of the discussion began to move towards the Presidential debate and if it is a legitimate means of obtaining information about the candidates.

Following this, Sr. Elizabeth Hill took to questioning the media and other outside influences. In response to her comments, more students began to ask questions.

"Who controls the media and do you have reason to believe that what you watch on the news can be taken as objective fact?" This was another question raised at Sound Bites.

Although some students listened rather than joining in the discussion, each person had an opportunity to contribute their own thoughts in the group.

At the conclusion of the session, some of the upperclassmen in attendance expressed satisfaction at the first turnout. They hope the second Sound Bites, scheduled for October 28th at 12:45 in the Red Room will be equally successful.

A Whodunnit Happening

Annual Murder Mystery Night Draws Raves

By Janine Farraj

St. Joseph's College became the scene of a crime on Friday night, October 15, 2004. But no police were called, no crime scene investigators were needed, and no arrests were made.

It was the annual Murder Mystery Dinner, an evening of fun, food, and friends attended by over 100 guests.

This year's show was entitled, "Murder at the High School Reunion" and in true interactive style, the audience was integral in determining the identity of the perpetrator.

Clues were provided throughout the performance and at the end of the show, the audience's guesses were collected. The tables who speculated accurately gained a chance at winning money that were the proceeds of a raffle conducted during the evening.

The event has been conducted for a number of years and is one of the

highlights of the fall social calendar.

In the show, a 20 year class reunion is being held at a fictional high school. The happy, well-adjusted students of twenty years earlier have degenerated into total bozos and the members of the Student Government who portrayed them had assimilated every nuance of a generation that had aged, well, not-so-gracefully.

Christopher Burke, who directed the show, said, "We had a great amount of fun working together and I was amazed at the cast's performance because of our short rehearsal time."

The cast consisted of Christopher Burke, Christine Tobin, Christina Traverson, Erin Horn, Adam Platka, Katy Parker, Stephen Klein, Laurie Hartwig and Diana Harvey.

Family members, students from the college and faculty made up the audience that gave the performers an enthusiastic reception.

"I am really glad that I came to watch and help find the suspect," said Kimberly Crescente.

During the course of the evening, appetizers, salad, a main course, and dessert, all provided by Nino's Restaurant, were served. The entrees for the evening were pasta dishes, chicken francaise, and chicken parmigiana.

"The food was delicious and what I also loved most about the night was how the cast kept the crowd involved. It made it more interactive," said Erin Dorso.

Christine Tobin played the role of Suzy Brackman who was known for her babelicious qualities that she developed as a high school cheerleader.

Another character in the show was Carl Yucker, an arrogant insurance agent and former class president of the school, played by Stephen Klein.

"One of the greatest parts about doing this show was, for me, having the chance to play a character who is complete opposite of my true nature," said Klein.

All the little undercurrents of friends who have grown apart, complete with gossip, rumors and slanders, were part of the show.

Christina Traverson, who portrayed ex-cafeteria lady Mrs. Wydell, said of her participation in the show, "It was great working with the new members of the council, and I am glad about how we made this possible with only two weeks of preparation."

At one point in the show, audience members were invited onto the floor to help perform the Bears' Cheer.

And whodunnit? Suffice it to say that it involved poisoned pudding so that should help in drawing conclusions from the facts.

More importantly, of course, is that the audience left contented both in appetite and artistic satiation.



Audience members help actors with the Bear Cheer

Crunch Lunch Helps Ease Midterm Tension

By Adam Mace

School starts, classes are going well, a typical freshman thinks it's all a piece of cake—and then the sky falls. Why? Midterms!

The first round of midterm examinations can be a time of great stress. So each year the college organizes "Crunch Lunch."

"Crunch Lunch," held during common hour on October 14, is a time to commiserate with fellow freshmen, discuss ways to ease the

pressure, and hear from others who have already gone through the experience.

Amidst the setting of a lavish Italian luncheon, Sophomores Natalie Fascianella and Steven Klein discussed ways of handling stress.

Ms. Jamie Vacca of Student Services spoke about the need to organize time and tasks.

By the end of "Crunch Lunch," the tests were still there, but hopefully, the stress had diminished.

ST. JOSEPH'S SPORTS



Sports Talk By Adam Mace

Search your memory: Flea-flicker. Statue of Liberty. Fumblerooskie. Double Reverse. Do you remember any of these famous football plays? Yes, it's true, in one way or another, they were all gimmicks—but they could jazz up a crowd in a hurry and break a game wide open.

Don't look for any of these plays in the modern day NFL playbook. In fact, don't look for anything that gets the crowd to its feet in today's NFL except "da bomb." No, the NFL has grown as stale as Woody Hayes' "Three yards and a cloud of dust" offense that dominated Ohio State University for decades.

But that is exactly what is wrong with pro football today, and unless something is done about it soon, it is inevitable that the game will start losing its fan base. Football will grow as staid as baseball sometimes seems—and there are fans who would rather watch paint dry than sit through nine innings of baseball.

Talk about a domino effect—the problem starts in high school. High schoolers want to play big time college ball. Collegiate athletes want to get to the pros and make millions. So many college teams have abandoned their fan-favored offenses in order to groom players for the pro ranks and get them picked in an early round of the draft.

Take as an example the Cornhuskers of Nebraska. For years they led the nation in rushing (or if they didn't lead, they were in the top five). Triple option wizards like Turner Gill and Tommy Frazier brought the team to National Championship fame and the fans ate up the late pitch dramatics of triple option football. The same was true when Oklahoma was running the wishbone offense under superb ball handler Jack Mildren.

But winning ten games a year wasn't enough for the alums. So a new coach, Bill Callahan, is brought in and installs the West Coast offense—the collegiate equivalent of: "hike it and go out football" that is played in every street in New York City.

The theory is, if you throw the ball 40 times a game, *someone* eventually will catch it! And maybe some of those catches will be for touchdowns.

The result? Boring and predictable football. Every pro team runs the same plays—no matter what they call them in the playbook. Off tackle, off guard, post patterns, out patterns. Big deal. When was the last time you saw a guard pull and lead a sweep? Or an inside reverse? Or a shuttle pass?

Can anything be done to fix the game? That's a tough question. Tradition being what it is, it's a big deal just to get a minor rule change. But here are a few ideas that can bring a new energy into the game:

- Permit more than one back in motion. Who said it's written in stone that only one man can move?
- Just as in basketball, outlaw the zone defense. You need a PhD just to figure out the complexity of NFL defenses today. Make it mano a mano—their best against yours.
- Decrease the number of points that a field goal is worth. Twenty-two guys slug it out so that a kicker who rarely gets his uniform dirty can win a game from 47 yards out?
- Do like the Canadians do: if you punt into the endzone, make it worth a point.
- Bring back single wing football!

And most importantly—no coaches relaying information from the press box! Quarterbacks, once upon a time, used to call their own plays. Bart Starr, Johnny Unitas, Y.A. Tittle—they were on-field leaders who didn't need a computer analysis for every play. They had eyes, instincts—and they could move their teams up and down the field.

If the game gets too complicated, fans will start abandoning it. You watch football to enjoy it. If you want something as complex as modern NFL football—turn off the TV and do your calculus homework instead.

Lady Bears off to Fast Start in Volleyball

By Christina Ament

Smack! The ball rocketed across the net into St. Joseph's court. A defensive specialist quickly bent her knees, put her arms together and bumped the ball to the setter. After lightly setting the ball to another player—Spike! Kill! Point, St. Joseph's!

The Women's Volleyball Team is off to a fast start, having won 7 of their first 10 games and is expected to surpass its 2003-2004 record of 11-9.

Coach Michael Schoeber, now in his third year at St. Joseph's says, "We have a very good chance of going all the way this year."

In comparing the current team with last season's, Coach Schoeber says, "Last year we lost in the finals, but we are a much stronger team now. This team is the strongest we've had at St. Joe's."

To win the championship of the Hudson Valley Conference, the team will have to win in the playoffs against teams such as Mt. St. Vincent's College, Medgar Evers College, Sarah Lawrence College, Bard College, St. Elizabeth's College, and SUNY Purchase.

Coach Schoeber believes that the stiffest competition will come from CCNY, Bard, and Mt. St.

Vincent's. Especially difficult will be Mt. St. Vincent's, the team that has defeated St. Joseph's for the past two years.

Confidence is running high amongst the women. Team co-captain Kathleen O'Neil believes the team "will clinch the Hudson Valley championship this year." She adds that skill-wise, "This is the best team we have had in my four years at St. Joseph's."

One problem the coach has had is in the area of recruiting. Both he and his players agree that if there were more women on the squad, it would be an even stronger team.

"Though the quality of the players has increased over the last two years, the quantity of players has dwindled," says Coach Schoeber.

The small size of the squad has taken its toll in some matches. With only seven players (a minimum of six are required on the court at any given time), the girls can tire noticeably by the end of a match.

"Not having substitutes puts a lot of pressure on the team," say team-member Lana Medvedeva. "No one can get hurt or we will be in a very difficult position," she adds.

For this reason, the coach is still accepting players, even though the season ends the first week in November.

"We will take anybody that has athletic ability and is willing to play the game, especially if they are freshmen or sophomores," says the coach.

Coach Schoeber notes that as a sport, volleyball is not just for the moment; it is something that can be pursued for the rest of a person's life: "Anyone who wants to play volleyball should play. It is something you can play even when you are gray-haired."

The team also needs support from the student body, especially during home games which are played at Bishop Loughlin High School located at 357 Cleremont Avenue, two blocks from St. Joseph's.

"There should be more school spirit here," says Ms. Medvedeva. "We want to feel as though we are home and in front of a friendly crowd," she adds.

The schedule for the Volleyball Team is posted outside of Room 101 in the 245 Building so that any student interested in attending games can find out when they will take place and come to root for the Lady Bears.

Basketball Seasons Ready to Begin Coaches Express Confidence in their Squads

By Christina Ament

Confidence is running high in the locker rooms of both the St. Joseph's Men's and Women's Basketball teams.

As the season opener approaches on November 16, both squads are practicing hard so that they can be competitive and enter their conference playoffs.

Frank P. Carbone is the coach of the Women's team and Joe Cocozillo coaches the Men's team.

Carbone has high hopes for his team. "We have a very good team," says the coach. "For the last four years we have been successful. Last year we won 25 games," he adds.

He feels that the team has a very good chance at equaling that record this year.

Both the Men's and Women's teams will play a schedule of 30 games which works out to about 2 or 3 games per week. The season runs from November through February.

Naturally, this schedule will be extended if either team makes the playoffs.

Some of the more challenging schools that the teams will play are Hunter College, the College of Staten Island, and Prentiss, a

college in Virginia.

For the Men's team, the challenge lies in the squad's very makeup. Four quality players were lost to graduation and a good deal of rebuilding must take place if the team is to be competitive.

Even the Women's team is smaller than desirable, having attracted fewer players than Coach Carbone would have liked.

"I think we have replaced the four graduates with freshmen who are very good," says Coach Carbone.

He is still accepting girls onto the team who are willing to try out and make the commitment to the lengthy schedule as well as the many practices required.

The star of the Women's team is Michelle Softy, a junior at St. Joseph's. Over the last two seasons, she has scored 1000 points, a record difficult for most players to attain in a college career.

Coach Carbone hopes that with the squad he has assembled, the school can finally reach its ultimate goal: winning the coveted National Championship.

Two years ago the Women's team was close to winning it all; a last second loss to Michigan at the buzzer cost them the title.

A typical St. Joseph's College basketball game mimics the excitement and energy routinely found on the NBA and WNBA circuit.

The Dance Team performs, there is energized music behind the introduction of the players, and the crowd stays in the game until the very end.

Sometimes, children even get to play basketball during halftime.

All these elements have contributed to basketball being a very popular spectator sport at St. Joseph's.

Typically, over 200 people attend every game of the season.

"It would be really nice to have larger crowds," said Coach Carbone. "We could always use more fans and their support," he added.

Both the Men's and Women's team must do considerable traveling to away games during the season, but the home games are conveniently played at Bishop Loughlin High School at 357 Cleremont Avenue, only a few blocks from the school.

The opening tip is just days away, and the athletes have been shaped into formidable squads.

Now, all that remains is to let the games begin.